



Press Release

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El Monte Renovates Facilities to Create Senior Gym

As a result of community feedback, the City of El Monte celebrated the opening of its new Senior Gym with a ribbon cutting ceremony on Thursday, February 12.

"The health of our seniors is important to our community," said Juventino "J" Gomez, who advocated for the project with the support of Council. "We offer so many great programs and saw an opportunity to expand our facilities to offer this unique space. I know that it will be popular among our residents, many who are already taking advantage of our world-class aquatic center and local parks."

Featuring two recumbent bikes, two treadmills, two elliptical machines, a set of free weights with an adjustable bench, a multi-gym machine, a stability ball and a stretch area, the gym, located at the Jack Crippen Multipurpose Senior Center, will be open Monday-Thursday from 9 a.m.-2 p.m.

The idea to open a senior gym came from a group of senior swim participants that regularly swim at the City's Aquatic Center. The group took their idea to Councilman Juventino "J" Gomez, who became the primary advocate for the installation of a city gym designated for seniors. With his direction, city staff from the Parks, Recreation & Community Services Department conducted a user survey, researched fitness equipment, completed a cost analysis, and assessed comparable programs. On Nov. 25, 2014, the Council approved the appropriation of funds for the renovation of the 544 sq. ft. room into a new Senior Gym.

The gym will cost residents \$1.50 per visit or \$15 per month. Non-residents will be charged \$2.50 per visit or \$25 per month.

Visitors must be 50 years or older to use the facility.

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The City of El Monte, located in Southern California, is committed to improving the quality of life for its citizens and strives to provide its community personalized service, uncompromising commitment, and individualized accountability. For information on the City of El Monte, please call 626-580-2001 or visit www.elmonteca.gov.